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GOLF SWING PATH AND ALIGNMENT TRAINING DEVICE

Abstract of the Disclosure

A golf swing path training device for visually guiding a golfer through a proper swing path and properly align the golfer's stance includes an arm path member and a body path member. The arm path member and the body path member are preferably integrally formed such that a central portion of the arm path member is connected to a central portion of the body path member. The central portion of the arm path member is substantially straight, whereas the central portion of the body path member is substantially arcuate. During a swing, the arm path member visually directs the golfer to maintain a substantially straight or vertical arm swing path during the back swing. Conversely, the body path member, visually directs the golfer to maneuver his or her body in a rotating fashion throughout the golf swing.